

RNR MARATHON TRAINING REGISTRATION IS NOW OPEN



Registration for the 2021 Rock 'N' Roll Marathon Training Program is now open to COSA employees and up to one family member.

Start your marathon training journey today. Program discounts, details, registration and more are available now at www.epicendurancetx.com/teamcosa

WELLNESS WORKSHOP MAKING A LIFE WHILE MAKING A LIVING presented by Deer Oaks EAP

People often feel torn between work and time with family. They feel they don't have enough 'me' time. This session will help participants identify various ways to achieve balance with personal, family and work responsibilities. The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this session, participants will find answers that will allow them to be more effective and more satisfied with their home AND work lives.

LIVE WEBINAR
THURSDAY, MAY 13
1-2 PM



FIT FAMILY CHALLENGE FUN WEEKLY FITNESS ACTIVITIES

Every summer since 2010, families around San Antonio have come together to play, exercise, and develop healthy habits through San Antonio Sports' Fit Family Challenge presented by Blue Cross and Blue Shield of Texas. This FREE 12-week summer program is designed to get families active, eating better and learning about health and fitness. You can join at any time and the more you participate, the better your chances of winning some great prizes!



Both in-person (at select sites) AND virtual classes make it easier than ever to participate. Classes run May 10 – August 5 and they'll be giving away prizes throughout the summer to participants who earn points on their tracking log! You can earn points by participating in weekly fitness classes, bringing friends, receiving a health screening, and coming to the Big Event on August 7.

Program registration is now open at
www.sanantoniosports.org/fitfamilychallenge

HEALTHY EATING W/SEAN & CLAUDIA ELLIOTT

Join Spurs legend Sean "the Ninja" Elliott and his wife Claudia, in partnership with Methodist Healthcare, as they teach us how to make some of their favorite healthy recipes. It doesn't have to be Memorial Day for you to pull off these delicious miracles.

ENERGY BITES

Ingredients

- 1c raw oats
- 1/2c nut butter
- 2tbsp flax seed
- 1/3c honey or maple syrup
- 2tsp vanilla or almond extract
- 1/2c mix-ins (coco chips, coconut, etc.)
- pinch of salt



Combine ingredients: refrigerate for 1-2 hours and form 1" balls. Refrigerate and or freeze and enjoy!

WANT SOME MORE?

Follow the QR code below or simply visit SAHealth.com/Community to download recipe cards and watch Sean and Claudia bring the recipes to life on video. Oh, and Go Spurs Go!

MORE RECIPES HERE


